

Join Us Tuesday, February 11, 2025 Brown Bag 12:00 pm - 12:45 Presentation 1:00 pm

Meeting Location: First Presbyterian Church 12225 N. 103rd Avenue Sun City, AZ 85351

Meeting Dates: Second Tuesday of the month from October - May

Meeting Time: 12:00 p.m. - 12:45 Brown Bag

1:00 p.m. - 2:30 p.m. Meeting

Questions?

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The <u>West Valley Chapter</u> is a local chapter providing education, information, support and advocacy for people with hearing loss. Visit our website: <u>www.hlaawestvalleyaz.org</u> and like us on Facebook

HLAAWestValleyAZ

The Hearing Loss Association of America is the nation's foremost membership and advocacy organization.Visit the website: www.hearingloss.org



Happy Valentines Month! Our presenter is Michael Harvey, Ph.D., A.B.P.P., an expert on how hearing loss affects relationships. Harvey spoke last February at our meeting and was such a hit, we invited him again. This year his presentation is titled: Aging with Dignity: Assistance from Frank Sinatra, and Eleanor Roosevelt.

"Beautiful young people are accidents of nature, but beautiful old people are works of art" (Eleanor Roosevelt). Harvey will describe strategies for how to age with dignity. Although this journey is universal, there are often unique twists for people with hearing loss.

Harvey will offer an in-depth analysis of strategies to prevent what have been called the three plagues of the older population: boredom, loneliness, and helplessness. There will be plentiful examples and many opportunities for discussion on how the difference between hope and despair is a different way of telling stories from the same facts.

A psychologist in private practice in Framingham, MA. He provides training and consultation on mental health issues having to do with hearing loss, including consultation and training for audiologists regarding motivational interviewing and the psychological aspects of patent care.

Pack a lunch for our Brown Bag session and we'll eat together and share information about different apps making your smart phone work for your hearing loss, from 12:00 - 12:45 p.m.

Our regular meeting and Michael Harvey's presentation starts at 1:00 p.m. The meeting ends at 2:30 p.m.

Meetings are free.

The room is amplified and has an induction loop system. Captions are provided for the Brown Bag session and Harvey's presentation.